

Participant Availability

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5 am							
6 am							
7am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							

Cancellation & Rescheduling Policies:

Participants must inform their trainer of any need to cancel or reschedule a session. To avoid unnecessary charges, please notify your trainer at least 24 hours prior to your scheduled session. If cancellation is not made at least 24 hours prior to scheduled session, amount equivalent to one session will be charged. Pre-purchased sessions are not transferable.

FOR OFFICE USE ONLY

Received by: \_\_\_\_\_ Date: \_\_\_\_\_

Instructor Assigned: \_\_\_\_\_

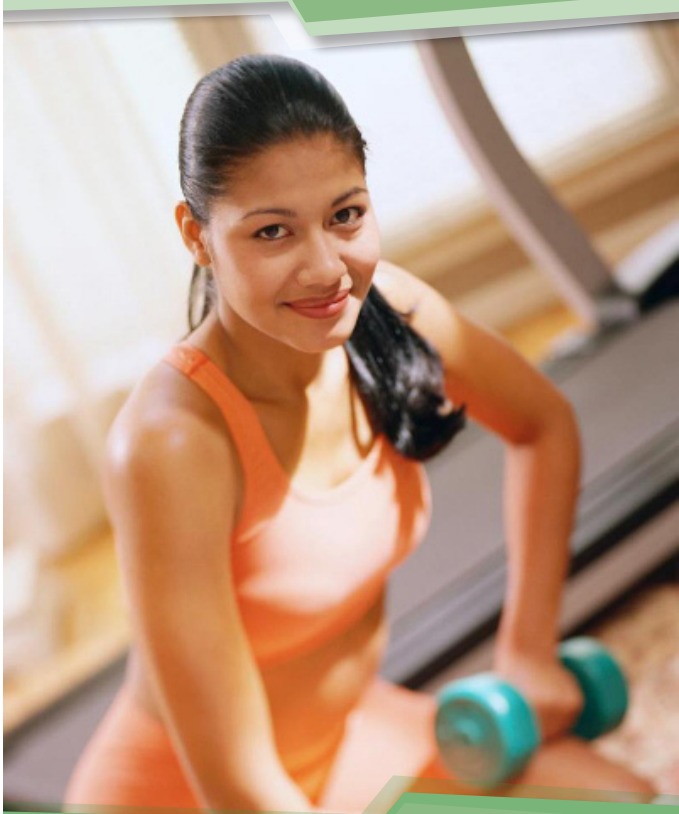
Participant Called back on: \_\_\_\_\_

Start Date: \_\_\_\_\_

Comments: \_\_\_\_\_  
\_\_\_\_\_



PERSONAL Training



800 Waterloo Road  
Warrenton, VA  
(540)349-2520  
www.warrentonva.gov

Maximize your health and physical potential with customized attention from one of our certified instructors. Our instructors are able to recognize your current ability level, health concerns and special needs and guide you on proper form and techniques. Why not get the best information right from the start to help you improve safely and achieve measurable results?

## FEES

### Personal Training\*

Program Package	Cost Per Session	Cost Per Package
1 session	\$55.00	\$55.00
5 sessions	\$49.80	\$249.00
10 sessions	\$47.50	\$475.00

### Fitness Assessment

Work with a personal trainer to evaluate your fitness level in several important categories. At the completion of the evaluation, your personal trainer will recommend a fitness program designed to meet your individual goals.

One 50 minute session
\$45.00

### Parent/Teen Certification

Children 15 & under are not permitted in the Fitness Room. Teens 13-15 may complete a Parent/Teen Training Orientation in order to gain access to the Fitness room when accompanied by a parent or guardian.

Member Cost	Non-Member Cost
\$30.00	\$55.00

\* Each session is 50 minutes in length

updated 3.11.2015

## How to Get Started

Complete this Personal Training Interest Form, detach and return to the Front Desk. An instructor will contact you to schedule your sessions. **Payment must be made before your first session.**

Member/Guest No.

## Personal Training Request Form

Name \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian (If Applicable) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

Gender \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Are you a WARF member? ☐ Yes ☐ No

### What type of instruction are you interested in?

- |   |  |
|---|--|
| <input type="checkbox"/> Individual Personal Training | <input type="checkbox"/> Group Personal Training   |
| <input type="checkbox"/> Fitness Assessment           | <input type="checkbox"/> Parent/Teen Certification |

How many sessions would you like to schedule? \_\_\_\_\_

What would you like to accomplish? \_\_\_\_\_

Are you interested in working with a particular trainer?

*Please indicate availability on back side of this form...*